

Cooking School Attracts Many—Miss Warner Charms All

INTEREST IN SCHOOL GROWS TWO DAYS LEFT

Dietician Is Popular With Southern Oregon Women—Interesting Program Tomorrow—Two Days Left—Everybody Invited By Lecturer and Sponsors

Charming Miss Victoria Warner, dietitian and home economics expert extraordinary, delighted a good-sized audience of southern Oregon women with her intensely interesting cooking lecture at the Presbyterian church yesterday. It was the opening day of a series of four afternoon lessons, each



Miss Victoria Warner

beginning at 2 o'clock. With her pleasing personality and interesting, easily understandable talks on every-day home cooking and outlines of delicious recipes, Miss Warner literally carried her class by storm and made her name a household word in southern Oregon in one afternoon.

And again today the dietitian is telling women of this city and the Southern River valley just how to make tasty salads, breads and rolls, coffee, cakes and current tea ring. All-oven menus come in for a good share of today's class work and Miss Warner, in her beautiful white-enamelled Tappan range, is actually cooking a sumptuous all-oven repast in her miniature kitchen at the Presbyterian church—right in front of her class of women, who are guests of The Mail Tribune and the Southern Oregon Gas Corporation.

Tomorrow's class will be especially interesting and Miss Warner has promised those who attend some mighty helpful pointers on the preparing of planked fishes, duchesse potatoes, jellies, vegetable rotic mock mayonnaise, pineapple meringues, baked Alaska, baked lemon pudding and lemon mixture. Her discussions are all informal and she delights in helping her "pupils" solve their particular cooking problems.

Although Miss Warner's cooking is done on gas ranges, her recipes apply to all stoves, which makes the cooking school lectures interesting to women who cook on electric and wood ranges, as well

as gas stoves. A cordial invitation to all women to enjoy the final two days of the school has been extended by Miss Warner. The Mail Tribune and the Southern Oregon Gas Corporation.

Music during intermission is supplied by an Orthophonic Victrola, furnished by the Palmer Music House.

REST PERIODS FOR HOUSEWORK GIVEN

The *Delinctor*, a magazine which has devoted much thought to the home movement, has worked out rest periods for housework, as follows:

Washing—Work fifteen minutes, rest five minutes, reeling. Work fifteen minutes, rest five minutes, reeling. Repeat until the work is completed.

Ironing—Work thirty minutes, standing, rest five minutes, reeling. Repeat the process until ironing is completed.

Dishwashing—Clear the table and scrape. Stand, rest five minutes in easy chair. Wash dishes sitting, rest five minutes in easy chair. When complete process takes only one-half hour, rest one to three minutes and of fifteen minutes.

House cleaning—For the harder tasks, such as sweeping with a broom and scrubbing, rest five minutes after each fifteen-minute period.

Cooking—Alternate sitting tasks with standing ones, and rest for five minutes after every thirty minutes' work.

The housewife of today must learn to conserve her time. She must have the proper facilities, the necessary appliances to make her kitchen and household work effective.

Norma Talmadge at Craterian Tomorrow

"The Dove," Willard Mack's successful stage play, had the honor of being Norma Talmadge's choice for her first production for the new season. It comes to Hunt's Craterian tomorrow. The play was produced by David Belasco on February 11, 1925, at the Empire theatre, New York City.

This is the third Belasco part to be played by Norma Talmadge, "Kiki" and "The Heart of Wotton," being the other plays. Belasco described the character, Dolores Romero, as a very beautiful and fiery Spanish girl—an entirely different part from Miss Talmadge's last picture in which she played the "Tragic Lady of the Camellias."

On the same bill with "The Dove" are two more splendid acts of Vitaphone vaudeville, Johnny Marvin, the popular Victor recording artist, will be heard and seen in a program of popular song numbers. The other act is Hal Crane's "The Lash." This is the great dramatic act that broken all records over the Orpheum and Keith circuits the past five years, and now comes to you in Vitaphone just as it was presented on the vaudeville stage with Hal Crane, the author playing the lead.

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if you have youngsters you should have ICE

Many people do not seem to realize that perishable foods can lose much of their nutritive value, and even become unwholesome, long before they show signs of spoiling. This is especially true of milk. It is not safe to give children milk that has been kept even for a short time in a temperature warmer than 50 degrees. Play safe! See that your refrigerator is filled regularly.

Miss Victoria Warner is using ice in her model kitchen at the Mail Tribune Cooking School this week. She knows the value and dependability of ice refrigeration and her opinion, as an expert on domestic problems, is well worth your consideration.

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Ma's Bread Far Eclipses Baking Arts of Antiquity

In ancient Greece bread making was an art centuries before Christ. Athens mentions the fact that there were sixty-two varieties of bread known to the ancient Greeks. Bread was made of wheat, barley, rye, millet, spelt and rice, and often from a combination of grains and dried lotus root, or the boiled root of the corn-flag.

Wheat bread was much preferred among the Romans and Greeks of antiquity, even as it is in modern times, although many refinements in bread making have taken place since that time, and even in the last generation, as is shown in the following recipes for breads and cookies:

OVEN METHOD OF CANNING PROVES HELP TO HOMES

The oven method of canning food is the latest development in the art of preserving food, according to the New Jersey public utility information committee.

This method has proven more satisfactory than the old methods of open kettle, cold pack and steam pressure cooking, as it enables the housewife to do her canning with a minimum of effort and expense.

In the open kettle method which is the oldest, the food is thoroughly cooked and transferred to sterilized containers, which must be sealed immediately. This method requires a great deal of time and almost constant attention.

In the cold pack method, the food is placed in the pressure jars and the hot syrup poured over them to within one-half inch of the top of the jar. The jars are fitted into place and the tops placed on the jars tightly.

The jars are then set in the oven on the rack far enough apart to allow for heat circulation. The oven heat control is then set at the proper temperature and left for the required time. After the cooking, all that remains to be done is to remove the jars and seal them tightly. "Guesswork" does not enter into this method of canning as the oven heat control keeps the oven temperature at the proper point.

In the steam pressure method which is the oldest, the food is thoroughly cooked and transferred to sterilized containers, which must be sealed immediately. This method requires a great deal of time and almost constant attention.

HEAR An Enjoyable Musical Program

at the Cooking School (First Presbyterian Church) Four Days June 12-13-14-15

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The one-period cold pack method has much in its favor as food undergoes less change in flavor and in color than in the open kettle method. There is also much less danger from contamination by bacteria, which is the reason canned foods spoil.

In steam pressure canning special equipment is necessary. A pressure cooker is generally used. This is a valuable piece of kitchen equipment as it may be used for cooking vegetables and meats when time is a factor. The method of getting the containers ready is much the same as in cold pack canning.

Forget Eyes and Sighs Win Him With Pies

Did you ever think of the unplumbed potential possibilities that lie in the subject of pies? It's really a wonderful opportunity for the rhythm.

Eyes, lies, sighs, let—afé but a few of the words that rhyme with pies. There's a score of others. If women's ankles can be successfully gotten across in song and ballad, her pies haven't a chance to fail.

Hot that's by no means all there is to say on the subject. Pie is one of the few truly American dishes. Many a woman's pies have been the reason for a trip to the marriage registry bureau. The old wheeze about the way to a man's heart being thru the stomach is not all nonsense. The girl who can cook has a far

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Enjoy the First Session—You Will Come for the Rest Bring Your Cooking and Diet Problems

Southern Oregon Gas Corporation

better chance of matrimony than the one whose chief avocation is "flipping." And pies have a particular place in the masculine heart. That's why I'm giving you the following new and entirely delectable pastry recipes:

Pumpkin Pie One and one-quarter cups strained pumpkin. Seven-eighths cup brown sugar. One teaspoon ginger. One teaspoon cinnamon. Two and one-half tablespoons orange juice.

Two eggs, well beaten. One cup evaporated milk. One-fourth cup water. One-half teaspoon salt. Make a smooth paste of the spices and water. Add this with the sugar, eggs and salt to the pumpkin. Stir to blend thoroughly, then add milk and orange juice. Pour into a deep pie tin lined with pastry. Bake in a 450 degree Fahrenheit oven (hot oven) for twenty minutes, after which reduce the temperature to 250 degrees Fahrenheit (slow oven). About one hour is required for baking. Yield: One large, deep pie.

Butterscotch Pie One and one-half cups evaporated milk. One and one-eighth cups water. One and one-half cups brown sugar. Three tablespoons butter. Three eggs. One-half teaspoon salt. Eight tablespoons flour. One-half teaspoon vanilla. Scald the diluted milk in double boiler. To prevent lumping, mix the sugar, flour and salt together well. Pour the hot milk onto the

dry mixture, stirring until thoroughly blended. Cook for twenty-five minutes in a double boiler, stirring occasionally to keep smooth. Pour the mixture slowly onto the well-beaten egg yolks, stirring vigorously to prevent lumping. Return to fire and cook two minutes longer. Add the butter and vanilla last. After cooling, pour into a baked pastry shell. Cover with meringue made from 3 egg whites.

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